

sociation. Its activities and its standing in the realm of Canadian economics are a challenge to those who still refuse to join our ranks. Its will to live in times of distress and its success in the past is a guarantee for the future.

In planning and organizing health services, each Province should remember that its boundaries are not marked by any impenetrable enclosure, and that it is a part of a whole and that this whole must bear some unity, if Canada is to hold its own in the realm of international politics, of international economics, of international endeavour.

As a profession, we must give to the rest of the people of Canada, this sense of unity so necessary to make our country big and true. But let it be clear that unity does not necessarily, and it does not in fact, mean uniformity. It is by its diversities of tongue, by its diversities of soil, by its diversities of industries that Canada reaps its glory. Would Canada be as rich, would it have for us the meaning and the value it has now attained, if a Province became a new country, or a division of another country? No indeed, for each Province within itself brings to the wealth and beauty of our country its own riches and its own grandeur. If one could attain a height so great and have a vision so keen as to see, from his vantage point in the skies, the waves of the Atlantic on the farthest shore in the east, as well as the waters of the Pacific on the farthest beach in the west, it would encounter a multitudinous variety of hills and lakes and rivers and prairies and forests and cities and hamlets so harmoniously synchronized that it would resemble the blending of the colours in a rainbow where the whole so beautiful has components so different. Such is unity as we understand it, each group or profession or trade working hand in hand as Canadians for Canada.

Those of you who donned a uniform in the last war had the same spirit and the same enthusiasm and the same will to serve and do your duty as the other officers and men of the rest of the Dominion. Just so did those who could not serve in the armed forces or those whose duty it was to stay at home, help and toil that Canada, with the other Allied Nations, should emerge victorious over the evil forces that plunged this peace-loving world into an abominable hell.

No barrier was there between those men who fought at Dieppe, Falaise or Caen. No barrier of creed, race or tongue must emerge from amongst the members of our profession. Let us set the pace, so that our heart beats synchronized for the betterment of our country and our souls melted into a spiritual atmosphere, we may be partaking at the same time in "the development of our concept of Canadian citizenship and to the forging of lasting bonds of Canadian unity".

MISCELLANY

Early Vitamin Deficiency Still Poses Problem to Medical Science

Although health education and commercial advertising have made the American public diet and vitamin conscious, medical science is still faced with the problem of detecting and treating early vitamin deficiency states, according to David Cayer, M.D., of Winston-Salem, N.C.

Writing in the November 9 issue of *The Journal of the American Medical Association*, Dr. Cayer, who is from the Department of Internal Medicine, Bowman Gray School of Medicine of Wake Forest College, says that it is very difficult to recognize early vitamin deficiency states when physical signs are absent. These include night blindness, spongy bleeding gums, painful joints and sore tongue and mouth.

Symptoms alone are not an accurate guide for diagnosis. As an example, the author cites the similarity of the symptoms of neurasthenia or nervous exhaustion and early vitamin deficiency, both of which manifest fatigue, insomnia, nervousness, headache, depression, muscle weakness, backache and lassitude.

In conclusion, the author says: "Primary deficiency states can be avoided by the proper selection of foods in the daily diet. Low economic status or reduction in the total food intake to provide for shipment abroad need not reduce the qualitative value of the diet. An adequate diet is still obtainable in this country, even for families of low income, and in spite of reduction in the total intake to provide for shipment of food abroad."

Four doctors report in the same issue of the *Journal* the results of severe deficiency disease seen mostly in white and half-breed Costa Rican children who subsisted on a diet consisting chiefly of bananas and molasses.

The doctors—Antonio Pena Chavarria, C. Saénz-Herrera and E. Cordero-Carvajal from the Department of Paediatrics of the San Juan de Dios Hospital, San José, and Leon Goldman from the Department of Dermatology and Syphilology of the College of Medicine of the University of Cincinnati—noted changes in the children's hair from slight graying to intense whiteness. The hair "becomes loosened and is easily pulled out of the scalp", they say.

This condition, the authors believe, is caused by a deficiency of one of the less well known members of the vitamin B complex group. The children can be treated successfully if they survive the severe vitamin deficiency state. Improvement can be produced by a general, adequate diet or with a mixture of vitamin B complex.

The addition of biotin, one of the most potent known members of the vitamin B complex, "is thought, but not proved," to accelerate the return of both the pigmentation and growth of the hair, according to the authors.

The Hospital Survey and Construction Act

With the signing of the Hospital Survey and Construction Act, the United States has embarked on the most comprehensive hospital and public health construction program ever undertaken. Congress has authorized the appropriation during the next five years of \$375,000,000 in Federal funds for the building of hospitals and health centres. Since the Act provided that the Federal share is to constitute one-third of the cost and non-Federal funds the other two-thirds, the total expenditure for this Nation-wide hospital program would approximate \$1,125,000,000.

Copies of the Hospital Survey and Construction Act, Public Law 725 of the 79th Congress, may be procured at five cents per copy from the Superintendent of Documents, Government Printing Office, Washington, D.C.

Purpose.—The purpose of this Act is to provide Federal assistance to the States to the end that "the necessary physical facilities for furnishing adequate hospital, clinic, and similar services to all their people" will be attained. Federal grants-in-aid are authorized to assist the States:

1. To determine their hospital and public health centre needs through State-wide surveys.
2. To develop State-wide programs for construction of facilities to supplement existing facilities.
3. To construct facilities which are thus determined to be necessary, and which are in conformity with the construction program constituting the approved State-wide plan.